

# Dumont Annual 5k Run

## Celebrating our 10<sup>th</sup> Year

Proceeds to benefit Dumont Cares Fund

**SATURDAY, SEPTEMBER 5, 2015**

**DUMONT HIGH SCHOOL, DUMONT, NJ**

**5k Run**

**1 1/2 Mile Run/Walk**

**1/2 Mile Kid's Sprint to the Finish (5-10 years)**

**5k Run** - Trophies for 1st, 2nd, 3rd overall M/F plus 14 & under then 5 year age groups to 70+

**1 1/2 Mile Run/Walk** - Trophies for 1st, 2nd, 3rd M/F Runners - ages 12 and under

**1/2 Mile Kids Sprint to the Finish** - Trophies for 1st, 2nd, 3rd M/F - 5-7 & 8-10 age groups

Medals to 1<sup>st</sup> 75 Kid Sprinters and 1 1/2 Mile Run/Walk Finishers

Entry Fees prior to August 1st:	Entry Fees August 1 <sup>st</sup> up until race day:
-5k Run - \$20 (Students & Srs. 60+ \$15)	-5k Run - \$25 (Students & Srs. 60+ \$20)
-1 1/2 mile Run/Walk - \$15 (\$10-12 yrs & under)	-1 1/2 mile Run/Walk - \$20 (\$15-12 yrs & under)
-1/2 Mile Kids Sprint to the Finish - \$10	-1/2 Mile Kids Sprint to the Finish - \$15

### Course

- ☐ Flat and fast with few hills ☐ Strollers and baby joggers welcome in 1 1/2 mile walk ☐
- ☐ No Skates, bikes, roller blades or pets
- ☐ 5k Certified by USA Track and Field ☐ Certification Code NJ13550JHP ☐

For more information contact: Ellen Zamechansky (551) 404-2141 or Rafael Riquelme (201) 376-8234

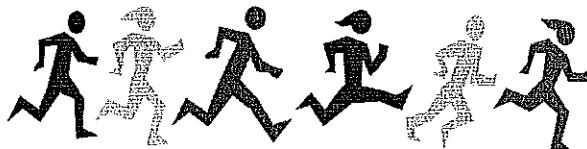
Online entry at [www.bestrace.com](http://www.bestrace.com) or [www.raceforum.com](http://www.raceforum.com)

### Amenities

- ☐ T-Shirt and gift bags while supplies last ☐ Athletic Trainer and Ambulance on site ☐

Check-in Time of Run at High School.....7:00-8:45 a.m.

- 1/2 Mile Kids Sprint (ages 5-10) 8:00 a.m.
- 1 1/2 Mile Run/Walk 8:30 a.m.
- 5k Run 9:10 a.m.



Make all checks payable to: Dumont Annual 5k Run

Mail to Ellen Zamechansky, 77 Randolph Ave. Dumont, NJ, 07628 Early Bird if Postmarked by 7/31/15

### Official Entry Form for the Dumont Annual 5k Run

(Check the event you plan to run - one entry form per event)

( ) 5k Run ( ) 1 1/2 Mile Run/Walk ( ) 1/2 Mile Kids Sprint to the Finish

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ email address \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

**(Important - Date of Birth, Age and Gender must be provided to be considered for awards)**

T-Shirts: Kids: M \_\_\_\_\_ Adults: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

RELEASE: I know that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effect of the weather, including low or high temperatures/humidity, traffic, the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I myself and anyone entitled to act on my behalf waive and release the Borough of Dumont, it's officers, members, race volunteers, it's Departments, employees and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver.

**\*\*No refunds\*\***

Signature (if 18 or older) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian Signature (if under 18) \_\_\_\_\_

# **Sponsorship Information**

## **10<sup>th</sup> Dumont Annual 5K Run**

### **Saturday, September 5, 2015**

**Get your running shoes out. It's time to get you ready for the 10<sup>th</sup> Annual Dumont 5K Run.**

**The Dumont Cares Fund was created to benefit the citizens of Dumont. As in year's past, all net proceeds will help and assist Dumont families who, because of a recent tragedy are in need of financial assistance**

#### **Events:**

- **5K Run**
- **1 1/2 Mile Run/Walk**
- **1/2 Mile Kid's Sprint to the Finish (5-10 years)**

#### **Sponsor Choices:**

**Orange:** \$300.00 – Includes company name or logo on all 500+ event shirts worn by competitors. There will be a sign with your company's name strategically placed on race day for maximum exposure. You are entitled to 4 free participants in any of the race day events.

Company name or logo, as you would like it to appear (or attached business card):

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**White:** \$100.00 – Includes company name on all 500+ event shirts worn by competitors. You are entitled to 2 free participants in any of the race day events.

Company name as you would like it to appear:

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**Please make checks payable and mail to:**  
**Dumont Cares Fund, c/o Ellen Zamechansky**  
**77 Randolph Avenue, Dumont, NJ 07628**

# **10<sup>th</sup> ANNUAL DUMONT 5-K RUN 2015**

**Dear Supporter:**

**We are very happy to announce that our 10<sup>th</sup> Annual Dumont 5-K Run will be held on Saturday, September 5 at 8:00 A.M. The race will begin and end at the Dumont High School on New Milford Avenue.**

**Every year, we have a great crowd, with excellent exposure for our sponsors and this year promises the same. As part of our community, we are asking for your support with a small monetary donation in the form of a sponsorship.**

**The people that you will be helping are Dumont families and friends that shop and support the businesses in the town that we call home.**

**There are two sponsorship opportunities available:**

**By sponsoring the amount of \$300, your name or company logo will be listed on the event T-Shirts. Your company's full name and contact information will appear on a large sign that will be strategically placed on race day for maximum exposure. We will put your company's literature (prepared by you) in all race bags given out to the 700 plus participants that day. You are entitled to 4 free runners or walkers on race day.**

**A \$100 sponsorship will include your name on all the event shirts and 2 free participants.**

**Our Race Committee and Dumont families appreciate your support and help. Please help us help the families that need it most.**

**Please make checks payable to Dumont Care Fund, 77 Randolph Avenue, Dumont, NJ 07628. For information you can reach us at the numbers below.**

**Respectfully,**

**Councilpersons Ellen Zamechansky and Rafael Riquelme  
Co-Chairs  
(551) 404-2141                      (201) 376-8234**